DOCUMENT RESUME

ED 119 095 CG 010 404

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TITLE Divorce Bibliography. [Partially Annotated].
PUB DATE Nov 75
NOTE 27p.; Materials from a workshop on "Divorce" given at Georgia State University (Atlanta, Georgia, October 18, 1975); Some parts of text may be of marginal legibility due to print quality of original

EDRS PRICE MF-$0.83 HC-$2.06 Plus Postage
DESCRIPTORS Annotated Bibliographies; *Bibliographies; *Divorce; *Family Problems; Interpersonal Relationship; *Marital Instability; *Marriage Counseling; *Resource Materials

ABSTRACT

Included are two comprehensive bibliographies for the marriage and divorce counselor. The one on more recent books on the subject of divorce has been annotated by the author, while the list on assorted materials contains only citations. (HMV)

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Annotated
DIVORCE BIBLIOGRAPHY
FOR PROFESSIONALS

Each book in this by no means exhaustive bibliography has been preselected for its merit and relevance to the marriage and divorce counselor. Many books written prior to 1965 have not been included because of their heavy moralistic bias. Annotations reflect the opinion of this author.

Anthony, E. James and Koupernik, Cyrile (eds.). The Child and His Family. New York: John Wiley & Sons, 1974.

This yearbook contains a collection of articles about the effect of divorce on the family. The most relevant article is done by E. James Anthony, M.D. entitled "Children at Risk from Divorce." Anthony presents an insightful, yet not very substantive view of the impact of divorce on children in the U.S. He begins with the predivorce stresses and quotes Despert that "emotional divorce is more critical than legal divorce in causing disruptions to children." In the postdivorce stresses, Anthony emphasizes that divorce ends the marital relationship in only half of the cases. He cites that "about half the divorces involving children are followed by legal contests, and about a third of these showed evidence of repeated and intensive interaction between the divorced children for a two-year period following the decree."

In "The Effects of Parental Divorce: The Adolescent Experience" by Judith S. Wallerstein, MSW, and Joan Berlin Kelly, Ph.D. the negative and serious consequences of divorce for some adolescents are investigated. Keep in mind that the population that the authors are addressing are those children who came in when the Community Mental Health Center of Marin County extended an open invitation to those who had filed for family dissolution to take advantage of the child counseling service. Thus, the children in the study are more likely to have more serious effects than a general population.

Bernard, Jessie. The Future of Marriage. New York: World Publishing, 1972.

Jessie Bernard paints a fascinating picture of the relationship between discrimination against women in marriage. She also points out that marriage is an institution that benefits men more than women. She cites several studies which illustrate that married

women are the least happy in comparison with married men, single men and single women. The effect of this book is to take some of the romantic illusions away from marriage for women.

Bohannon, Paul. Divorce and After. Garden City, NY: Doubleday, 1970.

This book is an excellent collection of articles which compares other cultures to ours in both attitudes and prevalence of divorce. It points out the institutions provided by other societies of absorb marriages which do not work.

Brovone, Harry. How I Found Freedom in an Unfree World. New York: Avon, 1974.

Expouses selfish rather than selfless determination. Good reading for divorcing individual who has been sacrificing self identity throughout marriage. Gives courage to those who feel like they need to be defined by institution of marriage. The book is a radical departure from self-sacrificing ethic; so expect controversy from it.

Carter, Hugh & Glick, Paul. Marriage and Divorce: A Social and Economic Study. Cambridge: Harvard University Press, 1970.

This is perhaps the best and most comprehensive statistical analysis of divorce in the United States.

Fisher, Esther Oshiver. Divorce: The New Freedom. Keystone Industrial Park, Scranton, PA: Harper Row, 1974.

One of the few books written on divorce counseling, Fisher details the kinds of divorce counseling that she does and helps explore. She has a fairly pessimistic view towards divorced people, though, and suggests that divorce counseling is a way to move from egocentricity towards altruism and a desire to contribute to society. She holds little credence for the individual liberties involved in the decision to divorce.

Franks, Violet & Burtle, Vasanti. Women in Therapy. New York: Brunner/Mazel Publishers, 1974.

This book has an excellent chapter, "Creative Exits: Fight-Therapy for Divorcees," by George R. Bach. Bach encourages women, in this chapter, to experiment with new behavior patterns and break out of aggression phobia in divorce. He suggests exit-fighting procedures which include the "un-wedding," a ritual uncoupling. The un-wedding ceremony includes the minister saying such things as "Do you, after careful and sincere consideration, choose to set this man free? To live his own life, independent of your expectations, and do you vow to give up your hopes and dreams for your marriage, understanding fully that you have promised to relinquish them forever? Do you pledge to always remain friends?" Of the 52 individuals from 26 unwedded couples, 33 remained convinced 1 to 4 years later that the ritual helped them on to new levels of growth.

Another exercise posited her is the "release me" exercise, where the two persons yell at each other "No you can't leave" versus "No you can't go," until one or the other collapses. Afterwards, the audience gives feedback on how convincing the performance was.

Frohlich, Newton. Making the Best of It. New York: Harper and Row, 1971.

Frohlich stresses negotiation in working out the divorce settlement.

Gardner, Richard A., M.D. The Boy's and Girl's Book About Divorce. New York: Bantam Books, 1971.

This is perhaps the best written book about dealing with divorce for children. It is written for the child and offers a great deal of advice in handling the relationships with adults.

Gettleman, Susan and Markowitz, Janet. The Courage to Divorce. New York: Simon and Schuster, 1974.

An excellent book containing affirmative view on divorce. While this book does not advocate divorce, per say, it points out the positive outgrowth of people who go through divorce. It has an excellent chapter on translating divorce to children. While some of it denies some negative aspects of divorce, other parts of it encourage dealing with the anger and frustration in a constructive way.

Goode, William. The Family. Englewood Cliffs, NJ: Prentiss Hall, 1964.

Goode applies social theory to family structure and attempts to trace familial changes in American History.

Goode, William. Women in Divorce. Glencoe, IL: The Free Press, 1956.

This was a study done in 1948 which has been the only sizeable study completed on divorce adjustment. He found many positive conclusions about people changing after divorce. Goode holds the traditional bias that remarriage is the best solution to divorce.

Hallett, Kathryn. A Guide for Single Parents. Millbrae, CA: Celestial Arts, 1973.

This TA approach to divorce has chapters such as "Letting Go," "Writing a Winning Script," "Feeling Okay," "Collecting Good Feelings," "Unhealthy Games," and concludes with ""he Sounds of People Changing." This book is a moderately well written book which uses many anecdotes to illustrate how TA can be used in divorce.

Hardy, Richard E. & Cull, John G. Therapeutic Needs of the Family. Springfield, IL: Charles C. Thomas, Publisher, 1974.

"The Child of Divorce," by Marjorie Kawin Toomin presents a worthwhile chapter on helping the child through the divorce process. She encourages dealing with the feelings of children rather than denying them and preparing and anticipating problems. While this chapter reinforces a somewhat traditional stereotype that the child is impaired as a result of divorce, Toomim does offer some advice on how to categorically understand and cope with the negative aspects of divorce.

This book also has a chapter on "Family Therapy and the Treatment of Adolescents with Divorced Parents" by Agnes M. Ritchie & Alberto C. Serrano. This chapter deals with the use of Multiple Impact therapy methods with families where the adolescent is presenting emotional problems as a result of divorce. The therapeutic goals in this are shifting the discussion from the hostility against the former spouse to the recognition of his or her own concern for the welfare of the children.

Marjorie Kawin Toomim also provides a chapter detailing "Separation Counseling: a Structured Approach to Marital Crisis" where she recommends a phase whereupon individuals physically separate and attend counseling sessions during the structured separation. She maintains that all patterns of thought, feeling and behavior are replaced with new patterns during this time interval. The couple is asked not to live in the same house or to see a lawyer or to make any pre-divorce settlements.

In the chapter on "Alternatives to Divorce and Their Implications" alternatives are presented which may eventually preclude divorce, especially trial separation. This chapter consists of some exercises which can be done during trial separation to help with clarification. Such exercises include 1) personal log or diary, and 2) role-reversal.

Hunt, Morton. The World of the Formerly Married. New York: McGraw Hill, 1966.

While this is out of print, Morton does an excellent job at describing how the legal process works in divorce.

Kessler, Sheila. The American Way of Divorce. Nelson-Hall, 1975.

The first half of this book offers a self-help approach to some of the emotional problems in the divorce process. The stages of divorce are described with their concommittant emotions.

The second half of the book delves into the prevalent guilt in the U.S. and traces some of the cultural heritage of that guilt. Kessler contrasts other cultures and suggests some more constructive ways of handling divorce in American society. The book is written for both the lay person and the professional. Helpful in understanding individual and societal change required by divorce. A good book for the divorcing individual several months after physical separation.

Krantzler, Mel. Creative Divorce. New York: M. Evans & Co., 1974.

An anecdotal approach to the person growth potential inherent in divorce. Offers some advice in making it through the traumatic aspects. Talks about nine emotional traps which emmesh people during divorce. A good book for bibliotherapy immediately after physical separation.

Lyman, Howard B. Single Again. New York: David McKay, 1971.

Lyman offers a guide to emotional adjustment in divorce.

Mannes, Myra and Shereske, Norman. Uncoupling: The Art of Coming Apart. New York: Viking Press, 1972.

Although this received wide publicity because it was one of the first guides to help with divorce, it is a poorly written book consisting mainly of the negative aspects of matrimonial warfare. It has value for people considering a power struggle in divorce and needing to find out the realities of such a struggle.

Martin, John R. Divorce and Remarriage. Scottsdale, PA: Herald Press, 1974.

Primarily about a model for counseling.

Mayer, Michael. Divorce and Annulment in the 50 States. New York: Cohen Arckle Publishing Company, 1967, 2nd ed., 1971.

Grounds for divorce are explained and both New York and California law examined.

Mindey, Carol. The Divorced Mother: A Guide to Readjustment. New York: McGraw-Hill Book Company, 1969.

This unliberated guide to readjustment offers some advice to helpless women. Much of the advice aims partially at building self-mastery skills, but more on finding help outside of self. She does have an excellent section on how to tell children about the divorce. Likewise, she has a good section (P. 146) on discipline and divorce. Her chapter on "Adjusting to Divorce" has some sound advice for dealing with loneliness and panic. The financial advice in this chapter is addressed to very inexperienced women.

Metz, Charles V. Divorce and Custody for Men. Garden City, NY: Doubleday, 1968.

One of the few books which is written for men interested in obtaining custody of their children.

Rheinstein, Max. Marriage Stability, Divorce, and the Law. Chicago: The University of Chicago Press, 1972.

As a comparative law expert, Rheinstein contrasts the U.S. with Japan, Italy, Sweden, and France, and the Soviet Union, in views toward marriage and marriage breakdowns. He feels that divorce statistics do not reflect emotional divorce in the country and it is emotional divorce that represents the real marriage breakdown. One of the most thorough and well-documented comparative law books on marriage and divorce.

Skolnick, Arlene & Skolnick, Jerome (eds.). Family in Transition. Boston: Little, Brown & Co., 1971.

Various concepts of the family are examined, from the extended family to the medieval family to the modern family, and viewed from an anthropological and sociological telescope. This book steps out of the American myth about the nuclear family and questions it from other perspectives. Some of the new life-styles represented in this collection are radical variations.

Steinzor, Bernard. When Parents Divorce: A New Approach to New Relationships. New York: Pantheon Books, Random House, 1969.

While the book has a pro-marriage bias, it is a well-written account of how strife in divorce can be minimized. It has a good section on parents' relating to the children and allowing for individual relationships with the children.

Watts, Alan W. The Wisdom of Insecurity. New York: Vintage Book, 1951.

Encourages one to have realistic expectations about life rather than fantasized absolutes. Realistic expectations include the knowledge that feeling intense pleasures make one liable to intense pain; the knowledge that it is unrealistic to expect permanence in a changing world; the knowledge that the answers are in the here and now. Highly philosophical book but helpful for transition period.

Wheeler, Michael. No-Fault Divorce. Boston: Beacon Press, 1974.

An excellent book on the legal and political aspects of divorce. Wheeler is well-informed and writes with substantive facts throughout the book. Highly recommended to find out the legal aspects of divorce. This is not so much a guidebook but more consciousness-raising.

FILMS:

DIVORCE: Part I and Part II. Developed by Dr. Sheila Kessler and Dr. John Whiteley
American Personnel and Guidance Association
1607 New Hampshire Ave. N. W. $30/day rental
Washington D. C. 20009 (202 483-4633) $300/purchase

A series of stimulus vignettes to be used with divorcing individuals to help build dissolution skills. Vignettes focus on the issues of letting go, communication with the former spouse, handling money, regaining single identity, working through anger, reentering social circulation etc.